

**IN THE CLAIMS:**

Cancel claims 1-9 and add 10-18.

10. (New) Training device for the muscles of the pelvic floor of women, with a flexible main body, which is to be at least partially inserted into the vagina and which has a compression part with a ball-shaped working surface, with an indicator device attached to the main body, wherein the compression part is defined by two annular constrictions, which connect axially to a stop section with a stop surface on one side and to a holding section on the other side.

11. (New) Training device according to claim 10, wherein the working surface is essentially spherical.

12. (New) Training device according to claim 10, wherein the axial length of the stop section is between 40% and 65% of the maximum diameter of the compression part.

13. (New) Training device according to claim 10, wherein the axial length of the holding section is between 30% and 60% of the maximum diameter of the compression part.

14. (New) Training device according to claim 10, wherein the indicator device is configured as a withdrawable rod.

15. (New) Training device according to claim 10, wherein the rod is held in an opening of the holding section in such a way that it may be shifted within limits.

16. (New) Training device according to claim 10, wherein the main body is configured as a rubber bubble, which is covered by a gliding layer.

17. (New) Training device according to claim 16, wherein the gliding layer consists of a layer of loose fibres steeped in a gliding agent.

18. (New) Training device according to claim 10, wherein the training device is designed as a throw-away product.